

*Good nutrition is one of the keys to good health. This means making sure you regularly eat foods that have a lot of vitamins and minerals in them, as well as foods that are not high in fat. You should drink milk every day to give your bones the calcium that makes them strong. For most people, foods that are high in fiber are a good choice, and almost everyone should eat several fruits and vegetables every day.*



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# Angel Food

## Menu Suggestions & Recipes

August 2008



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**For questions or concerns about menu items or orders,  
please contact your Angel Food distribution site**

The following information is provided to you by the  
**Oklahoma Cooperative Extension Service.**

It is our intent to provide you each month with menu suggestions  
and recipes using the products in your Angel Food box.

Please feel free to make suggestions and  
provide feedback about the information you receive.



## August 2008 Menu

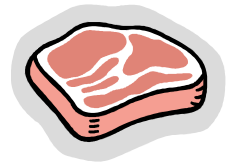
Ribeye Steak	Frozen Waffles
Chicken Leg Quarter	Bean Soup Mix
Chicken Breast Nuggets	Rice
Salisbury Steak Dinner Entrée	Instant Potatoes
Breaded Chicken Breast Filets	Sliced Peaches
Smoked Sausage	Borden Shelf Stable Milk
California Blend Vegetables	Dozen Eggs
Frozen Carrots	Dessert Item
Chopped Spinach	

### **Checking for Doneness of a Steak** The best way to ensure quality and safety is to use a meat thermometer to check for doneness

	Temperature	Cooking Time
<b>Rare</b>	145 degrees	10-12
<b>Medium</b>	160 degrees	12-14
<b>Medium Well</b>	165 degrees	14-15
<b>Well</b>	170 degrees	15-17

### Marinated Ribeye Steaks

1/2 cup vegetable oil  
2 tbs. lemon juice  
1 1/2 tsp. Worcestershire sauce  
1 tsp. onion salt  
1/2 tsp. seasoned salt  
1/4 tsp. coarsely ground black pepper  
1/8 tsp. garlic salt



**Always  
marinate in the  
refrigerator**

Place [ribeye steaks](#) in shallow baking dish. Combine marinade ingredients and pour over meat, thoroughly coating both sides. Marinate 4-6 hours in refrigerator, turning once or twice.

Place steaks on grill and sear both sides, then raise grill to about 5 inches from coals. Cook 15 minutes, turning once, or to desired doneness.

Source: KC Steak Company

**Use cooked breaded chicken breast to make a  
main dish salad for a quick and nutrition meal!  
Add fresh tomatoes and carrots  
and top it off with cheese**

## Spinach Dip

- 1 (10 ounce) package frozen chopped spinach, thawed and drained
- 1 (16 ounce) container sour cream
- 1 cup mayonnaise
- 1 envelope dry vegetable soup mix
- 1 (8 ounce) can water chestnuts, drained and chopped
- 3 green onions, chopped

In a medium bowl, mix together spinach, sour cream, mayonnaise, dry vegetable soup mix, water chestnuts and green onions. Cover and chill in the refrigerator approximately 2 hours before serving.

48 Servings: Calories: 58, Total Fat: 5.7g, Cholesterol: 7mg, Sodium: 46mg, Total Carbs: 1.6g, Dietary Fiber: 0.3g, Protein: 0.6g



### Tips on Shelf Stable Milk

Must refrigerate after opening

Use the same as you would in any recipe calling for milk

**Tastes Great and is REAL milk!**

## Baked Instant Potatoes

- 3 cups water
- 4 tablespoons butter
- 1 teaspoon salt
- 3/4 cup milk
- 1 package (8 ounces) cream cheese, softened
- 1 cup (8 ounces) sour cream
- 1 teaspoon garlic powder
- 1 teaspoon dried minced onion
- 2-2/3 cups instant potato flakes
- Paprika, optional



In a saucepan, bring water, butter and salt to a boil. Add milk, cream cheese, sour cream, garlic powder and minced onion; stir in potato flakes. Spoon into a greased 2-qt. baking dish. Sprinkle with paprika if desired. Bake, uncovered, at 350° for 30 minutes. **Yield:** 8-10 servings

One serving: (1 cup) Calories: 242, Fat: 17 g; Saturated Fat: 11 g; Cholesterol: 55 mg, Sodium: 406 mg; Carbohydrate: 17 g; Fiber: 1 g; Protein: 5 g

# Menu Ideas

Stovetop Chicken & Rice  
Carrots  
Whole Wheat Rolls

Salisbury Steak Dinner  
Baked Instant Mashed Potatoes  
Green Beans

Sausage Vegetable  
Skillet  
Whole Wheat Pasta

Waffle-wiches  
Milk  
Sliced Peaches

Ribeye Steak  
Baked Potato  
Green Salad

Chicken Broccoli Bake  
Fresh tomatoes  
Dessert

Spinach Dip  
Fresh Vegetables  
Whole Wheat Crackers

## Smart Snacking

**Keep it simple.** A healthy snack is one that takes little preparation and is always within easy reach.

For **variety and balance**, choose foods from all of the food groups

**Limit fatty, sugary** snacks because they offer lots of calories and very few nutrients.

- Sliced fresh fruit
- Sliced fresh vegetables with low fat dip
- Whole grain crackers and low-fat cheese
- Low fat yogurt with cereal or fruit
- Graham crackers, oatmeal cookies or fig bars
- Baked tortilla chips and salsa
- Pretzels or popcorn
- Milk, water or 100% fruit juice



# Recipes Ideas

## Stovetop Chicken and Rice

- 2 pounds of chicken, de-boned
- 2 cups uncooked rice
- 1 can condensed cream of mushroom soup (10 1/2 ounces)
- 1 1/2 cup milk
- 1/4 cup parmesan cheese
- 1 cup sliced mushrooms
- 1 clove garlic (minced)
- 1 medium onion
- 1 tablespoon oil
- Salt and pepper

Heat oil in a large skillet at medium heat.  
Add chicken and cook until brown on all sides.  
Add the mushrooms, onions and garlic. Cook for 1-2 minutes.  
Add the mushroom cream and milk. Stir and bring to a boil.  
Reduce heat to low. Add Rice, Parmesan cheese, salt and pepper.  
Cover and stir until the rice is ready.

## Chicken Broccoli Bake

- 1 pound fresh broccoli, cut into spears
- 1 1/2 cups cubed cooked chicken breast nuggets
- 1 can Condensed Broccoli Cheese Soup
- 1/3 cup milk
- 1/2 cup shredded Cheddar cheese (optional)
- 2 tablespoons dry bread crumbs
- 1 tablespoon butter or margarine, melted

- Arrange broccoli and chicken in 9-inch pie plate or 2-quart shallow baking dish.
- Mix soup and milk and pour over all.
- Sprinkle with cheese. Mix bread crumbs with butter and sprinkle on top.
- Bake 400 degrees F for 25 minutes or until hot.



## On-the-Go Waffle-wiches

- 1 tablespoon butter
- 8 eggs
- Dash pepper
- 8 frozen waffles
- 8 bacon strips, cooked and drained
- Maple syrup



In a large nonstick skillet, melt butter over medium-high heat. Whisk the eggs and pepper. Add egg mixture to skillet (mixture should set immediately at edges). As eggs set, push cooked edges toward the center, letting uncooked portion flow underneath. When the eggs are set, cut into four wedges.

Meanwhile, prepare waffles according to package directions. For each sandwich, place one waffle on a plate. Layer with an omelet wedge, two bacon strips and another waffle. Serve with syrup. **Yield:** 4 servings.

## Sausage and Vegetable Skillet

- 1 pound smoked sausage, cut into 1 inch pieces
- 1 tablespoon margarine
- 2 cups California blend vegetables
- 1 tablespoon instant minced onion
- 1/2 teaspoon garlic salt
- 1/4 teaspoon dried oregano
- 1/4 teaspoon ground black pepper
- 2 tomatoes, chopped

In a skillet over medium heat, brown the sausage. Remove sausage from skillet and set aside. Add margarine, zucchini, and onion to the skillet and cook until zucchini is crisp and tender. Return the browned sausage to the skillet and add garlic salt, oregano, and black pepper. Cook until all ingredients are hot. Add chopped tomatoes on top of the ingredients.

4 Servings: Calories: 501, Total Fat: 38.9g, Cholesterol: 77mg, Sodium: 2346mg, Total Carbs: 10.8g, Dietary Fiber: 2.2g, Protein: 26.6g